

Montana School Nutrition and Physical Activity Survey 2005 Administrator Form

Number Returned: 257 Response Rate: 40%

School Information

1. For which grade levels are you completing the survey? (Mark all that apply)

13% (pre K) **68%** (K) **71%** (1st) **72%** (2nd) **72%** (3rd) **72%** (4th) **68%** (5th) **60%** (6th)
55% (7th) **55%** (8th) **33%** (9th) **32%** (10th) **32%** (11th) **32%** (12th)

2. What is the current student enrollment for the school(s) above?

10% (0-20) **7%** (21-50) **13%** (51-100) **19%** (101-200) **21%** (201-300) **15%** (301-400)
6% (401-500) **3%** (501-600) **1%** (601-700) **2%** (701-800) **0%** (801-900) **4%** (900+)

Nutrition and Physical Activity Policies/Procedures

3. Does your school (or district) have a policy/procedure that guides the following areas?

32% Vending machine contents **38%** Vending machine access
17% A la carte food and beverage choices **13%** Snack bar/school store food and beverage choices
31% Classroom parties and student rewards **34%** Fundraisers (bake sales/candy sales)
19% Concession (sports/after school events) food and beverage choices
12% Overall School Wellness Policy (that meets upcoming 2006 USDA requirements)
12% Other Nutrition/Physical Activity Policies

4. Do any grade levels at your school have recess scheduled before lunch? **54%** Yes **47%** No

If **Yes**, in what areas have you noted benefits from recess before lunch?

25% Increased consumption of healthy foods at lunch **14%** Calmer/more orderly cafeteria atmosphere
20% Improved classroom or playground behavior **9%** No benefits observed
8% Other benefits

5. Which of the following groups have expressed interest or support for health-related changes at your school?

48% School Board/Administration **27%** Students **48%** Parents **70%** Staff **14%** None
5% Other:

6. Does your school currently have a Wellness/School Health Committee? **23%** Yes **77%** No

Nutrition Environment and Education:

	<u>SA</u>	<u>A</u>	<u>D</u>	<u>SD</u>
7. At breakfast, students (who arrive on time) have at least 10 minutes to eat their food <i>once seated</i> .	79%	20%	1%	0%
8. At lunch, students (who arrive on time) have at least 15 minutes to eat their food <i>once seated</i> .	80%	18%	2%	0%
9. Food is used to reward students in the classroom.	2%	51%	32%	15%
10. Good nutrition is emphasized to students at school.	32%	63%	5%	0%
11. Nutrition concepts taught as part of the Health Enhancement curricula are reinforced in other academic content areas.	27%	58%	14%	1%
12. Teaching and food service staff work together to encourage healthful eating habits in students.	22%	50%	23%	4%
13. Advertising of less healthy foods is restricted at school.	27%	47%	20%	6%
14. The importance of healthy eating/physical activity is promoted to staff.	26%	60%	14%	0%
15. The importance of healthy eating/physical activity is promoted with parents.	13%	59%	26%	2%

	<u>Almost All</u>	<u>Most</u>	<u>Some</u>	<u>Very Little to None</u>
16. How much of the foods/beverages available to students <u>outside the cafeteria</u> would you consider to be healthful?	3%	25%	56%	17%

17. In which of the following areas has your school made changes (or is considering changes) to increase healthy food choices for students, staff, and families?	
36% Vending machine contents	28% Vending machine access
51% School meals/snack program	15% A la carte food and beverage choices
13% Snack bar/school store food choices	11% School fundraisers (bake sales/candy sales)
38% Classroom parties and student rewards	
10% Concession (sports/after school events) food and beverage choices	
5% Other	

Team Nutrition Services:

	<u>SA</u>	<u>A</u>	<u>D</u>	<u>SD</u>
18. Services increased awareness of the importance of nutrition and physical activities for academic performance.	28%	67%	5%	0%
19. Staff members who received services learned ways to support good nutrition and physical activity for students.	30%	65%	4%	0%
20. My school made changes, based on information or support provided by School Nutrition/Team Nutrition.	22%	64%	14%	0%
21. Overall, services provided were valuable for my school.	28%	68%	4%	0%
22. Staff would be interested in follow-up services from Team Nutrition.	20%	66%	14%	0%

